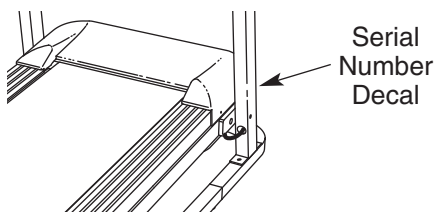


# WESLO<sup>®</sup> *cadence c44*

Model No. WLTL29305.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

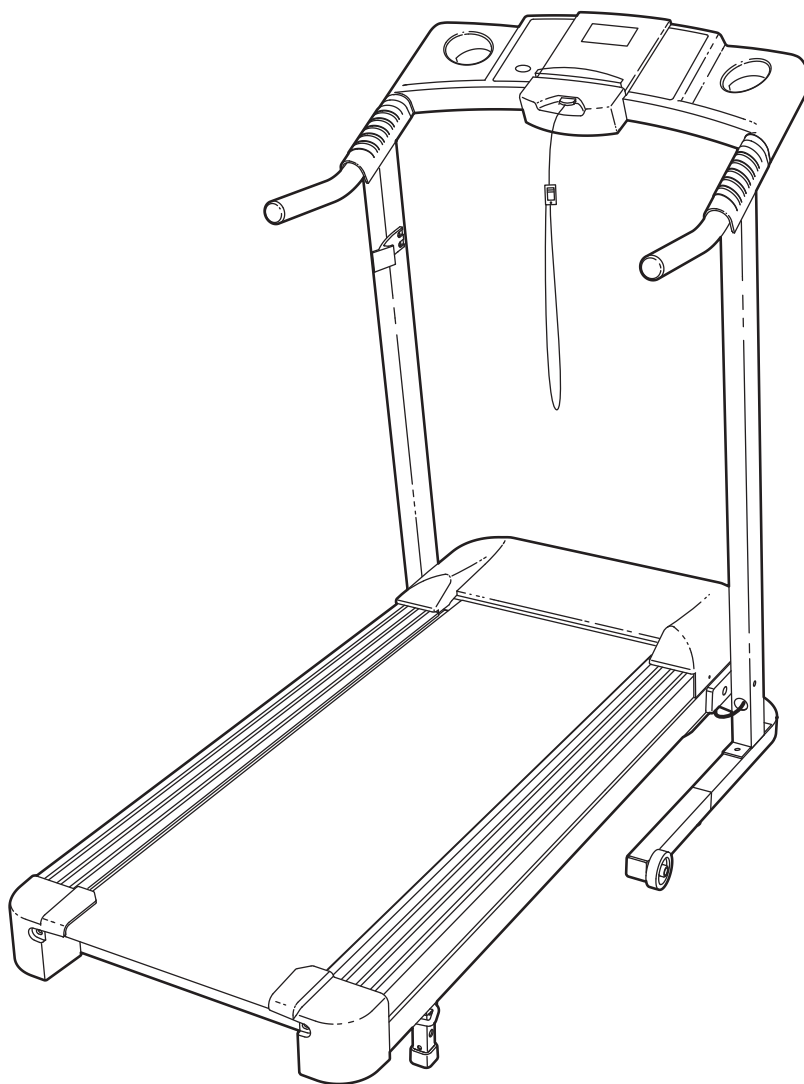
CALL TOLL-FREE:

**1-866-699-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

[www.wesloservice.com](http://www.wesloservice.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

[www.weslo.com](http://www.weslo.com)

*new products, prizes,  
fitness tips, and much more!*



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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 10), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. To purchase a surge suppressor, see your local WESLO dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See page 16 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 14.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. Do not change the incline of the treadmill by placing objects under the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.
22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never drop or insert any object into any opening.

24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing

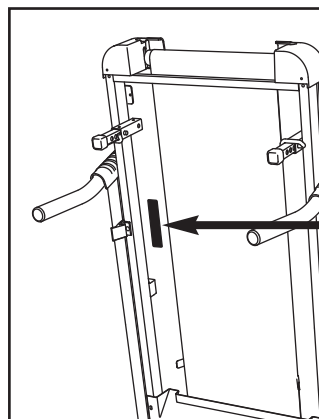
other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.


**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS


The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.




**⚠ WARNING:**  
Protect yourself and others from risk of serious injury. Read the user's manual and :



- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# BEFORE YOU BEGIN

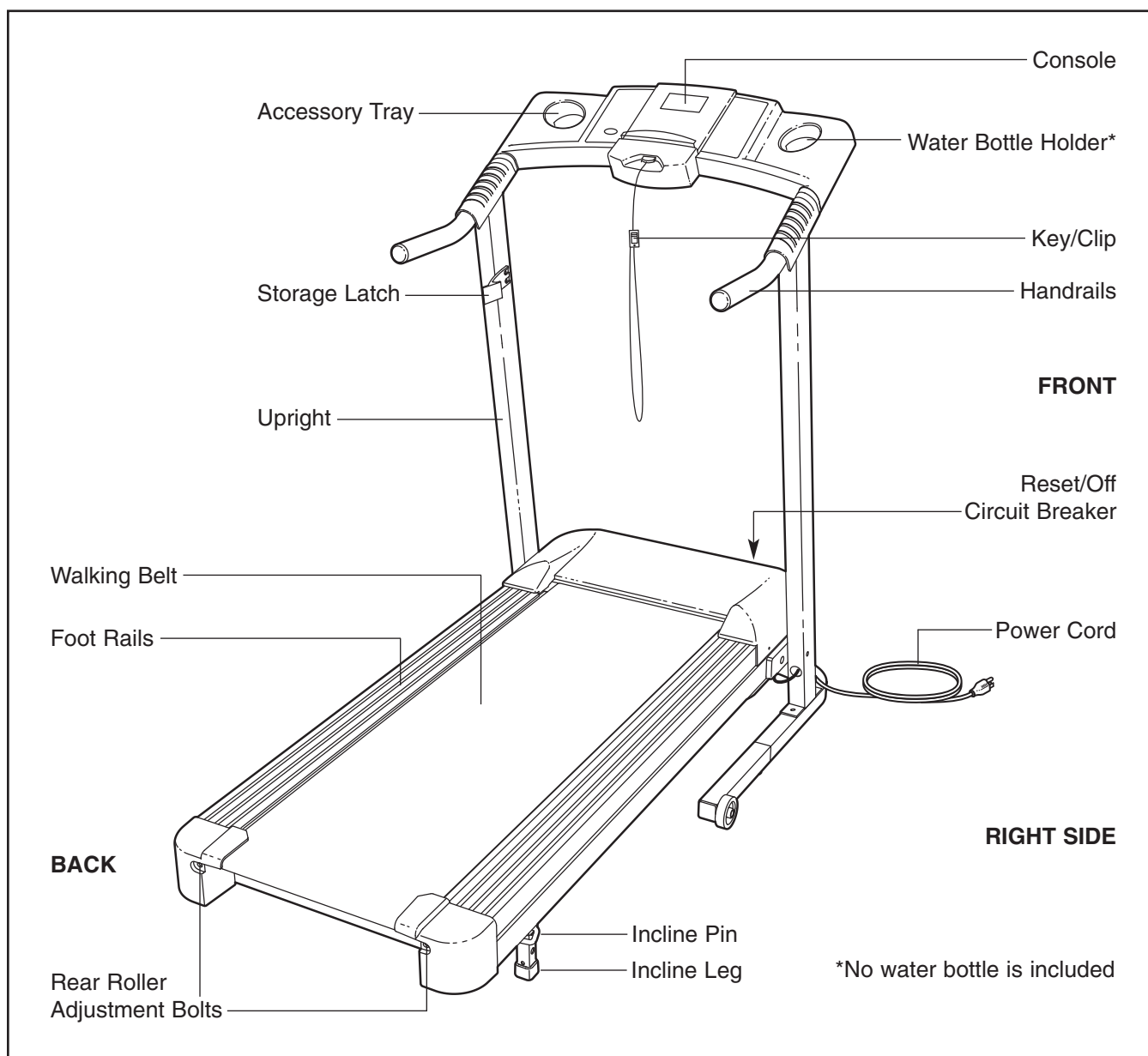
Thank you for selecting the WESLO® CADENCE C44 treadmill. The CADENCE C44 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE C44 can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before you use the treadmill.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model

number and serial number before calling. The model number of the treadmill is WLTL29305.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.wesloservice.com/registration](http://www.wesloservice.com/registration).**

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

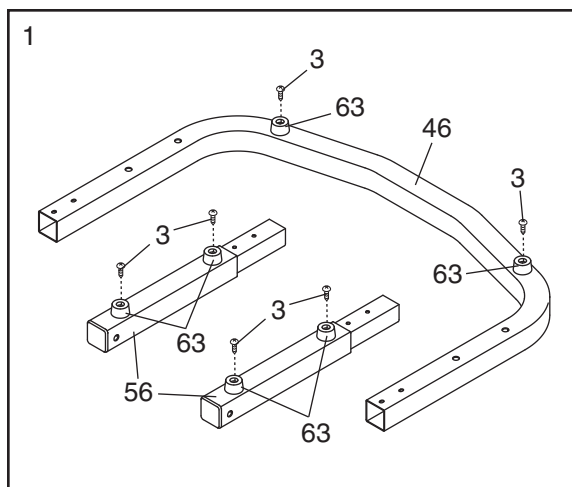
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included allen wrenches**  **and your own phillips screwdriver**  **, two adjustable wrenches**  **, and needlenose pliers**  .

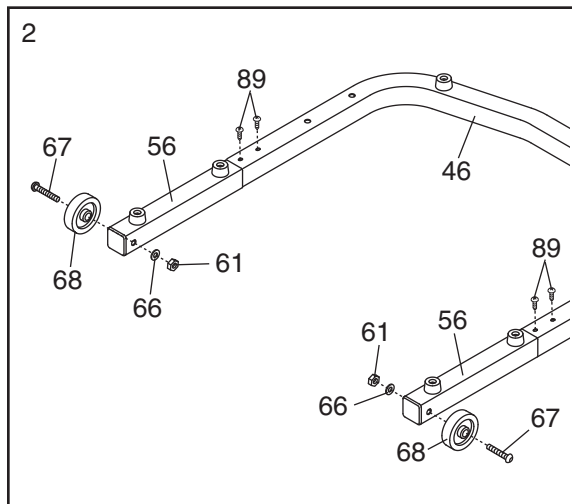
To identify the assembly hardware, see the **PART IDENTIFICATION CHART** in the center of this manual.

1. Attach six Base Pads (63) to the undersides of the Base (46) and the Extension Legs (56) with six 3/4" Tek Screws (3). Note: There are small holes for attaching the Base Pads only in the undersides of the Base and the Extension Legs.



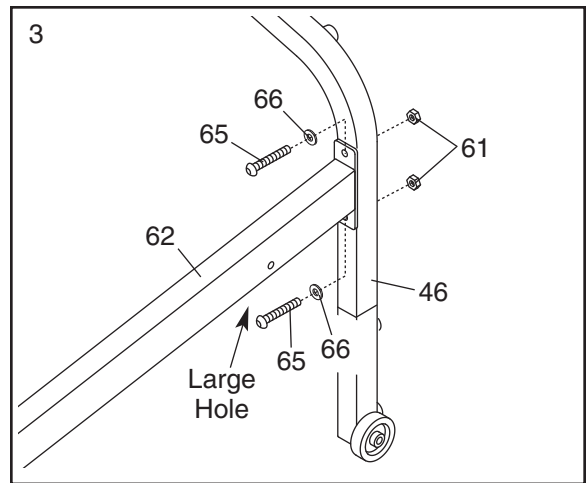
2. Insert an Extension Leg (56) into each end of the Base (46). Attach each Extension Leg with two Extension Leg Screws (89).

Attach a Wheel (68) to the outer side of each Extension Leg (56) with a Wheel Bolt (67), a 3/8" Washer (66), and a 3/8" Nut (61) as shown. Note: **Do not overtighten the Wheel Bolts**; the Wheels should turn freely.

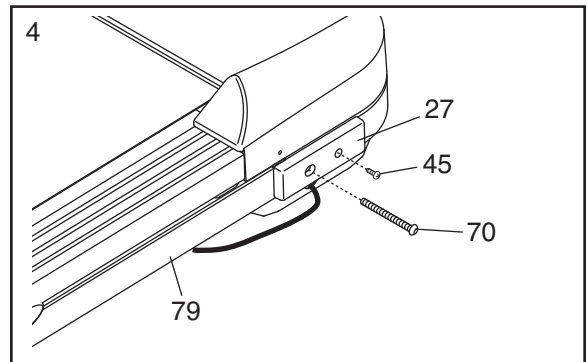


3. Have a second person hold the Base (46) in a vertical position as shown. Hold the Right Upright (62) against the Base so the indicated large hole is in the position shown. Attach the Right Upright with two Upright Bolts (65), two 3/8" Washers (66), and two 3/8" Nuts (61) as shown. **Do not tighten the Upright Bolts yet.**

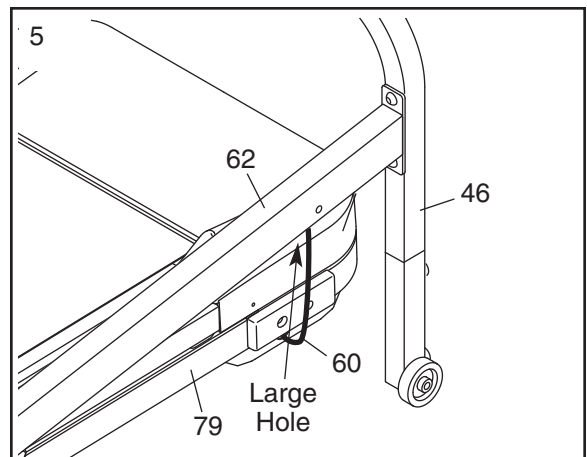
Attach the Left Upright (not shown) to the Base (46) in the same way. Note: The Left Upright does not have a large hole.



4. Hold a Frame Spacer (27) against the right side of the Frame (79) as shown. Insert a Frame Bolt (70) into the frame bolt hole in the Upright Spacer and the Frame. Next, tighten a Spacer Screw (45) into the Upright Spacer and the Frame. Then, remove the Frame Bolt. Repeat this step on the other side of the Frame.

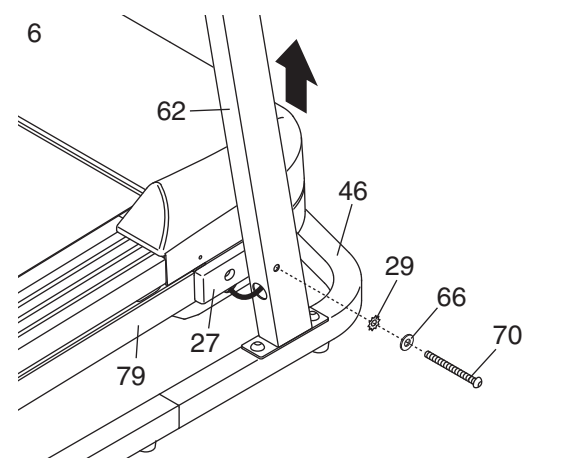


5. Position the Base (46) over the Frame (79) as shown. Insert the Wire Harness (60) into the large hole in the Right Upright (62) and out of the top.



6. Raise the Right Upright (62) and the Left Upright (not shown) so the Base (46) is flat on the floor. **Make sure that the upper end of the Wire Harness (not shown) does not fall into the Right Upright.**

With the help of a second person, lift and hold the Frame (79) between the Right Upright (62) and the Left Upright (not shown). Finger tighten a Frame Bolt (70) with a Washer (66) and a 3/8" Star Washer (29) through the Right Upright and the Frame Spacer (27) and into the Frame. **Do not tighten the Frame Bolt yet.** Repeat this step on the left side of the treadmill.

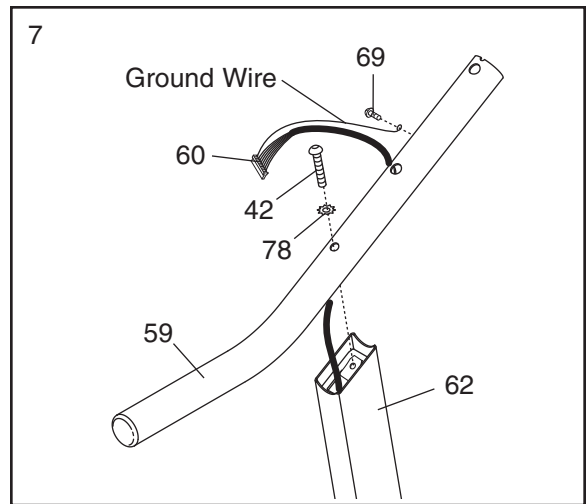




7. Hold one of the Handrails (59) near the Right Upright (62). Route the Wire Harness (60) into the hole in the bottom of the Handrail and out of the hole in the left side as shown. Then, remove the colored tie from the end of the Wire Harness.

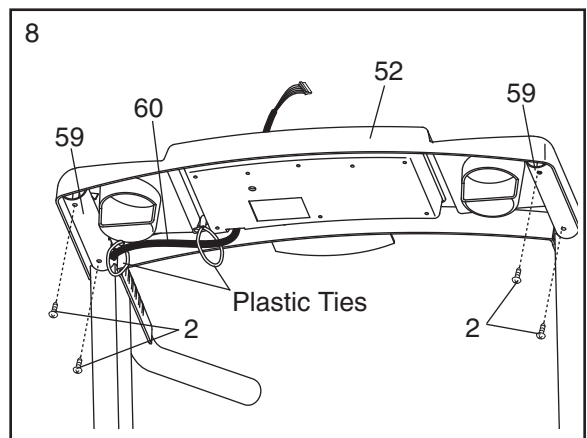
Set the Handrail (59) on the Right Upright (62), and tighten a Handrail Bolt (42) with a 5/16" Star Washer (78) into the Handrail and the Right Upright. **Make sure that the Wire Harness (60) does not get pinched.** Firmly tighten the Handrail Bolt. Attach the end of the ground wire to the Handrail with the Silver Ground Screw (69).

Attach the other Handrail (not shown) to the Left Upright (not shown) as described above. Note: There is not a wire on the left side.



8. Set the Console Base (52) on the Handrails (59). Thread four 3/4" Screws (2) into the Handrails and the Console Base. After you have started all four Screws, **tighten the Screws until they are snug; do not overtighten the Screws.** Note: It may be helpful to press down on the top of the Console Base above the Handrails as you tighten the Screws.

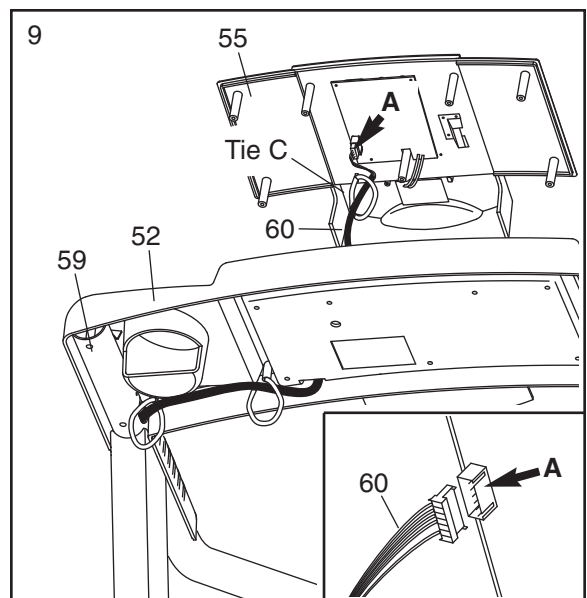
Insert the Wire Harness (60) through the two indicated plastic ties on the Console Base (52) and up through the opening in the Console Base as shown.



9. Hold the Console (55) near the Console Base (52). **Touch the right Handrail (59) to discharge any static.**

Insert the Wire Harness (60) through the plastic tie labeled "C" in the drawing at the right. Next, locate the connector on the Wire Harness. Plug the Wire Harness into the connector labeled "A" in the drawing at the right and in the inset drawing. **The connectors should slide together easily and snap into place.** If they do not, turn the connector on the Wire Harness and try again. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

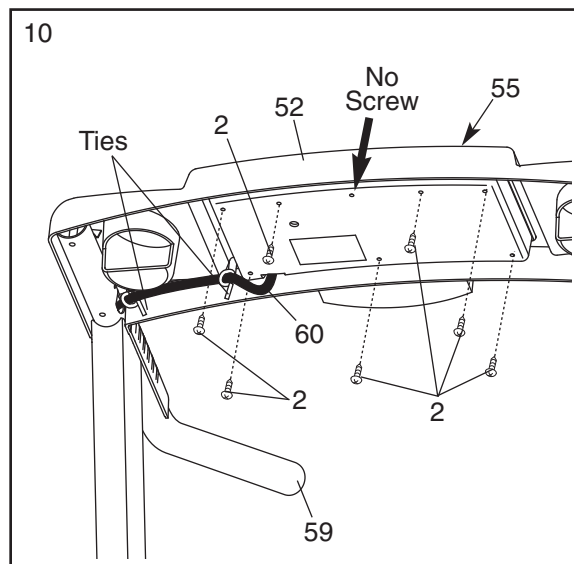
Pull any slack in the Wire Harness (60) through the plastic tie labeled "C," and **securely tighten the plastic tie around the Wire Harness.** Cut off the end of the plastic tie.





10. Set the Console (55) in the Console Base (52). **Make sure that no wires are pinched.** Insert as much of the Wire Harness (60) as possible down into the hole in the right Handrail (59). **Securely tighten the plastic tie nearest to the right Handrail.** Next, pull any excess Wire Harness between the plastic ties tight, and tighten the other plastic tie. Cut off the ends of the plastic ties.

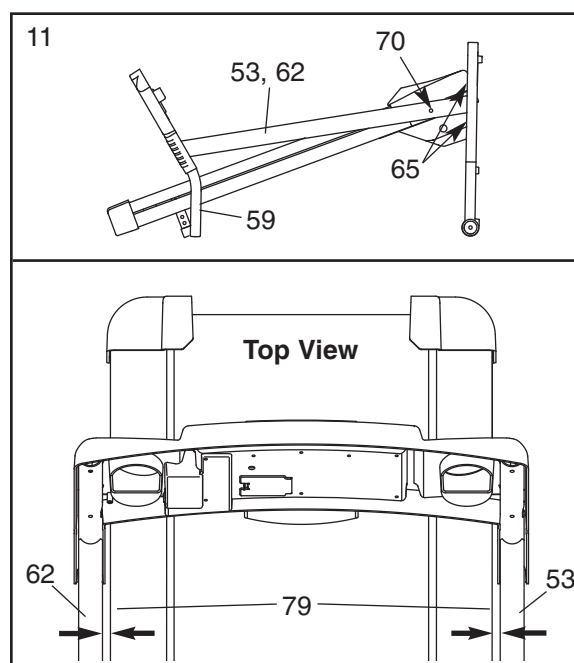
Attach the Console (65) to the Console Base (52) with five 3/4" Screws (2) in the locations shown. **Note: There should not be a Screw in the hole indicated by the arrow. Do not overtighten the Screws.**



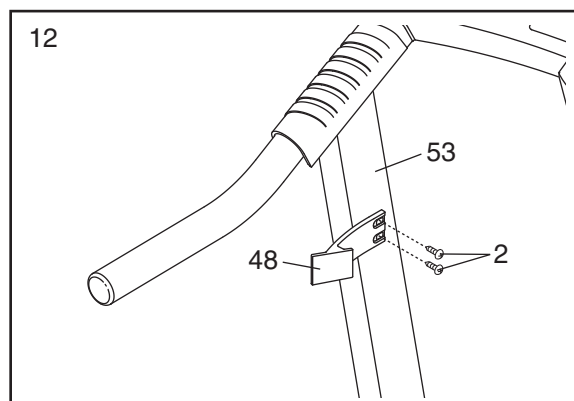
11. Lower the Uprights (53, 62) until the Handrails (59) are touching the floor.

See the lower drawing. Position the Uprights (53, 62) so the treadmill Frame (79) is centered between them.

Firmly tighten the four Upright Bolts (65) and the two Frame Bolts (70). **Be careful not to overtighten the Frame Bolts.**



12. With the help of a second person, carefully raise the Left Upright (53) and Right Upright (not shown), to a vertical position. Attach the Storage Latch (48) to the Left Upright (53) with two 3/4" Screws (2).



13. **Make sure that all parts used in assembly are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform.** Such substances will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

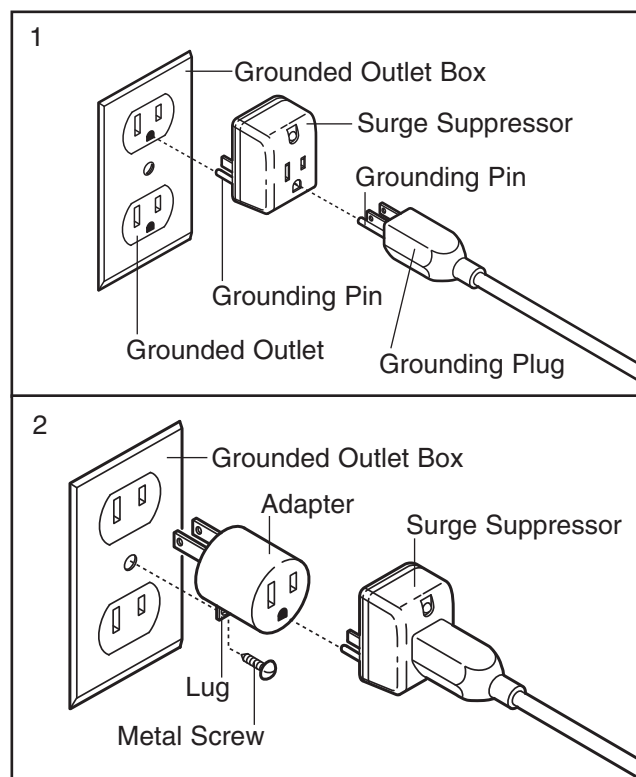
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local WESLO dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of

least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

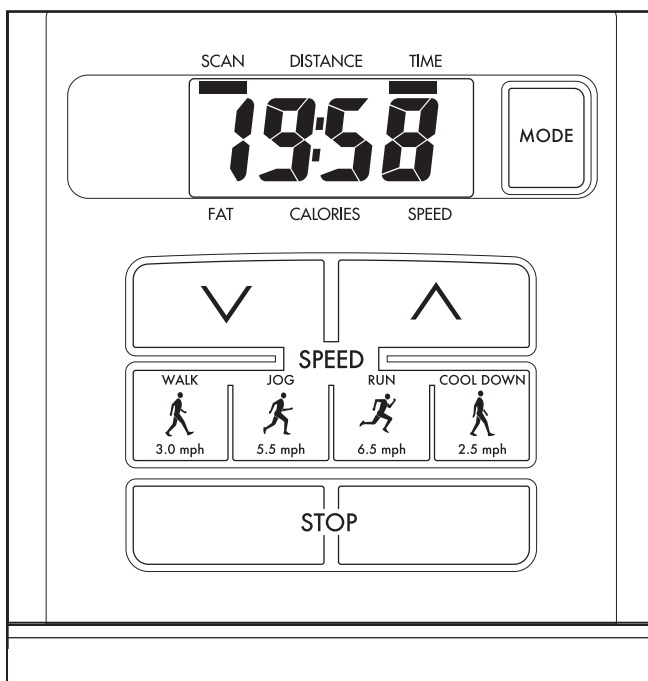
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



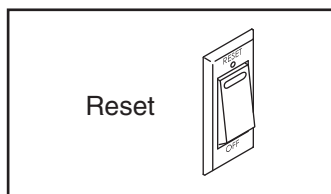
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

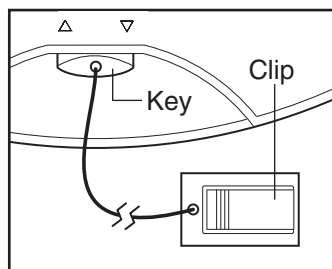
## STEP-BY-STEP CONSOLE OPERATION



Before operating the console, make sure that the power cord is properly plugged in (see page 10). In addition, locate the reset/off circuit breaker on the treadmill frame near the power cord, and make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Test the clip** by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.



Follow the steps below to operate the console.

Note: If there is a sheet of clear plastic on the console, remove the plastic. The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 17).

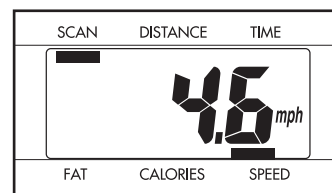
### 1 Insert the key into the console.

See the instructions at the left.

### 2 Start the walking belt.

To start the walking belt, press the Speed increase button or the Walk, Jog, Run, or Cool Down button.

If the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.



If the Walk, Jog, Run, or Cool Down button is pressed, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. **(Important: Press the left or right side of the Stop button; pressing the center of the Stop button will not stop the walking belt.)** The time will begin to flash in the display. To restart the walking belt, press the Speed increase button or the Walk, Jog, Run, or Cool Down button.

**Note: The console can display speed and distance in either miles or kilometers (see step 3 on page 12). For simplicity, all instructions in this section refer to miles.**

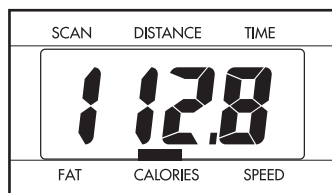
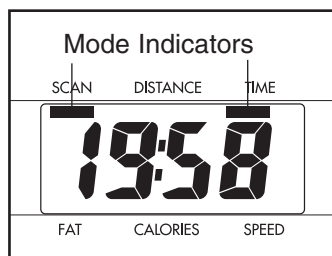
### 3 Follow your progress with the display.

The display features seven modes:

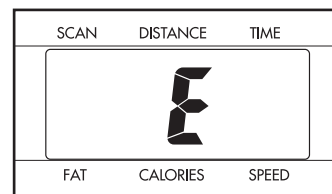
- Time—This mode displays the elapsed time.
- Distance—This mode displays the distance that you have walked or run.
- Fat Calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 18).
- Calories—This mode displays the approximate number of calories you have burned.
- Speed—This mode displays the speed of the walking belt.
- Pulse—This mode displays your heart rate when you use the pulse sensor.
- Scan—This mode displays the time, distance, fat calories, calories, speed, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only while the pulse sensor is being used.

Each time the key is inserted into the console, the Scan mode will be selected. One mode indicator will appear below the word SCAN to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the MODE button to reselect the scan mode.

To select the Time, Distance, Fat Calories, Calories, Speed, or Pulse mode for continuous display, repeatedly press the MODE button. The mode indicators will show which mode is selected. Make sure that there is not a mode indicator below the word SCAN.



Note: The console can display distance and speed in either miles or kilometers. An “mph” or a “km/h” will appear in the display when the Speed mode is displayed to show which unit of measurement is selected. To change the unit of measurement, first hold down the Stop button while inserting the key into the console; continue to hold down the Stop button until an “E” (for English) or an “M” (for metric) appear in the display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and reinsert it.

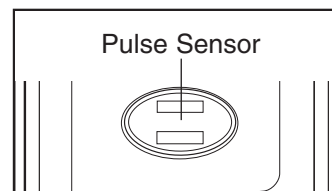


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

### 4 Measure your heart rate if desired.

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor. **Do not press too hard, or the cir-**

**culation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.



If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still while measuring your heart rate.

### 5 When you are finished exercising, remove the key.

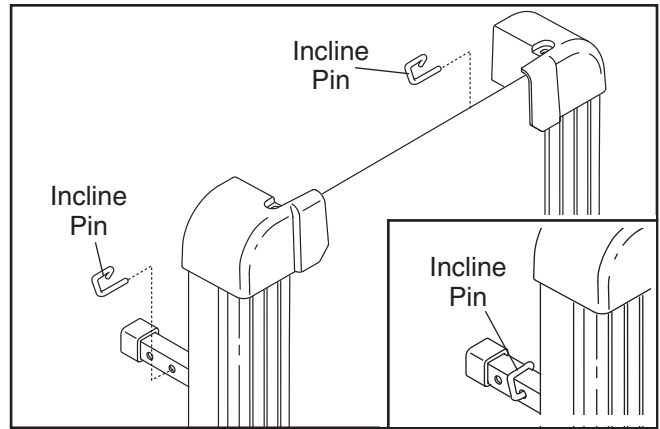
Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place. Then, move the reset/off circuit breaker to the off position and unplug the power cord.

## HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed; there are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 14).

To change the incline, first remove the incline pin from one of the incline legs as shown at the right. Next, adjust the incline leg to the desired height, and fully reinsert the incline pin. Make sure that the incline pin is in the “locked” position shown in the inset drawing.

Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown in the drawing.**



**CAUTION:** Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 15).

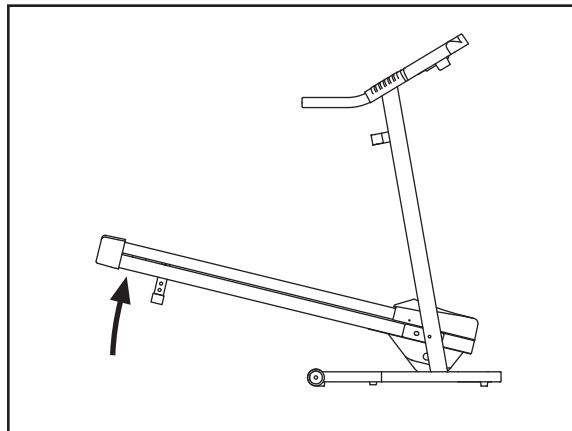
# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.

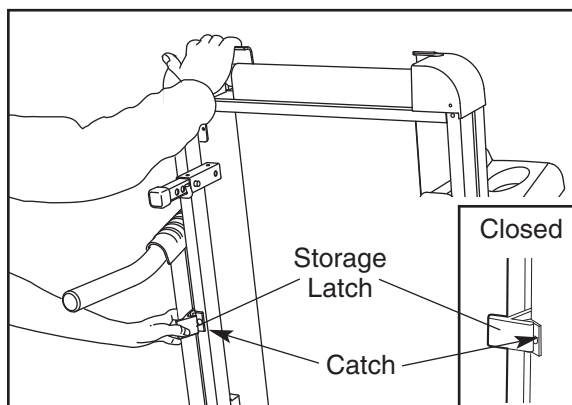
**CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower or move the treadmill.**

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the frame until the storage latch closes over the catch. **Make sure that the storage latch is fully engaged over the catch.**

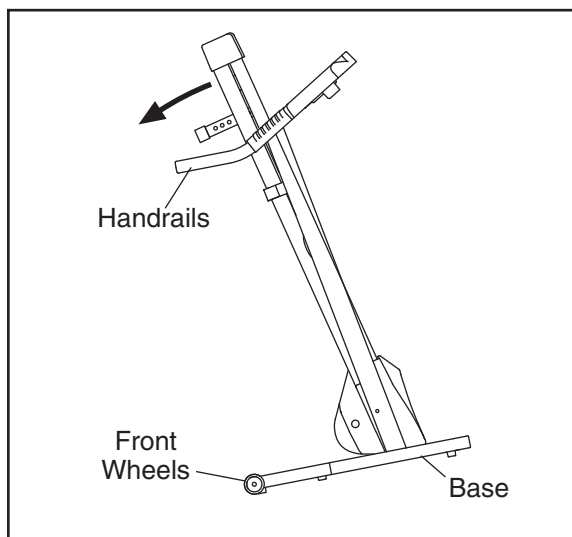
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

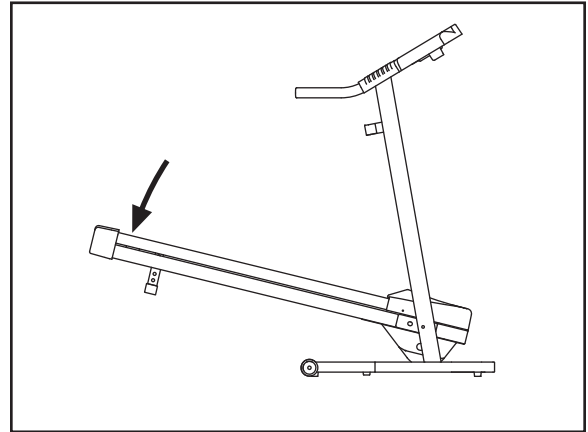
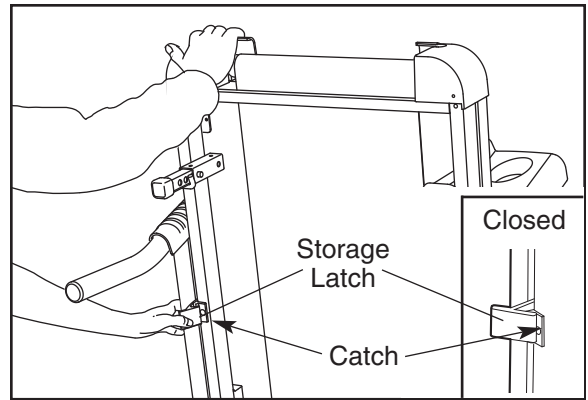
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is fully engaged over the catch.**

1. Hold the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill to the storage position.



## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Press the storage latch to the left. Pivot the frame down until the frame and the foot rail are past the storage latch.
2. Hold the frame firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



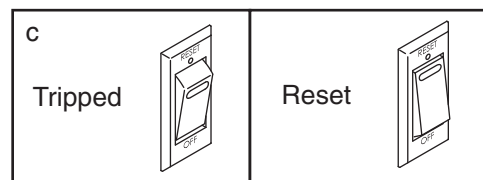


# MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

**PROBLEM: The power does not turn on**

- SOLUTION:**
- Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 10). Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. Important: The treadmill is not compatible with GFCI-equipped outlets.
  - After the power cord has been plugged in, make sure that the key is fully inserted into the console.
  - Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

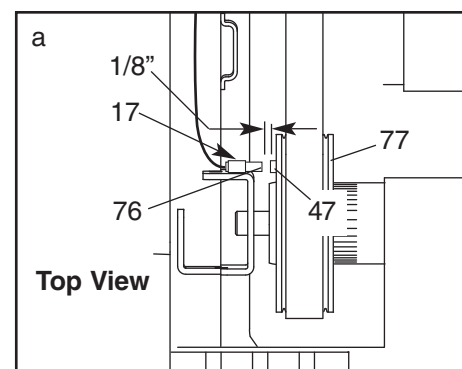


**PROBLEM: The power turns off during use**

- SOLUTION:**
- Check the reset/off circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
  - Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
  - Remove the key from the console. Reinsert the key fully into the console.
  - If the treadmill still will not run, see the front cover of this manual.

**PROBLEM: The displays of the console do not function properly**

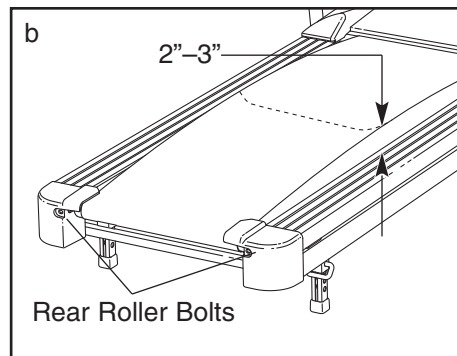
- SOLUTION:**
- Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (76) and the Magnet (47) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (17), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10.

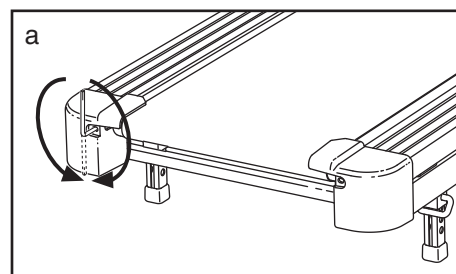
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



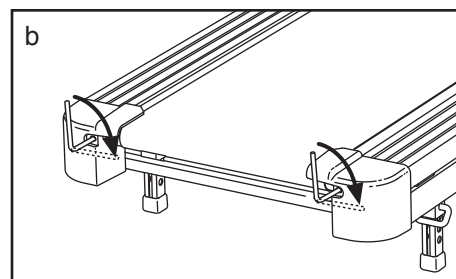
- c. If the walking belt still slows when walked on, see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



# CONDITIONING GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES								
AEROBIC	165	155	145	140	130	125	115	
MAX FAT BURN	145	138	130	125	118	110	103	
FAT BURN	125	120	115	110	105	95	90	
Age	20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A Warm-up**—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

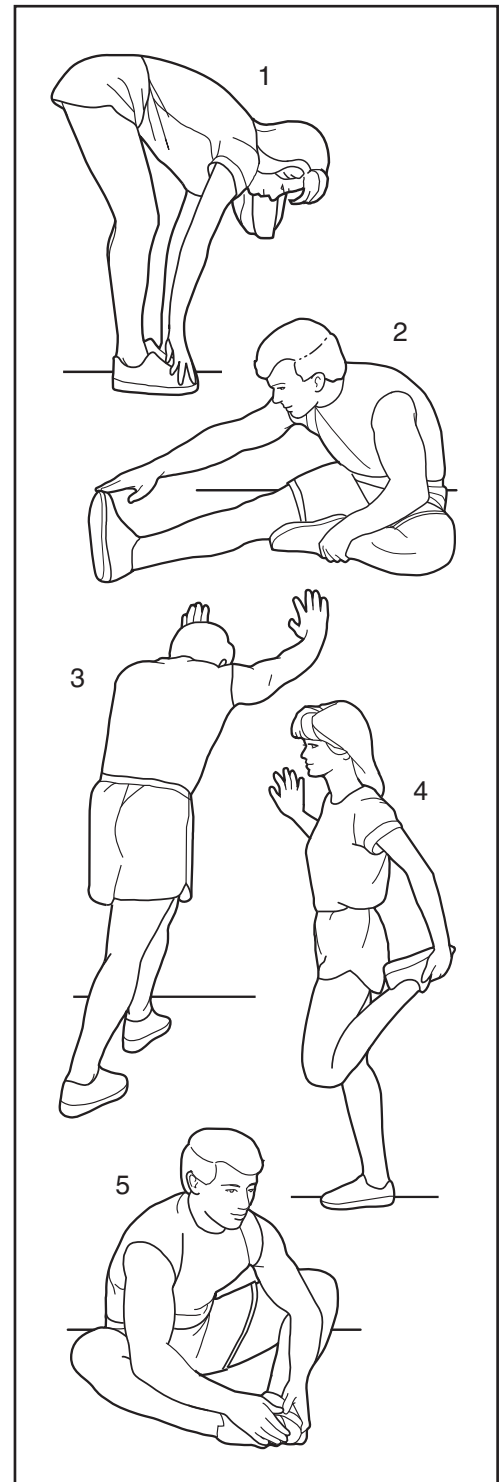
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

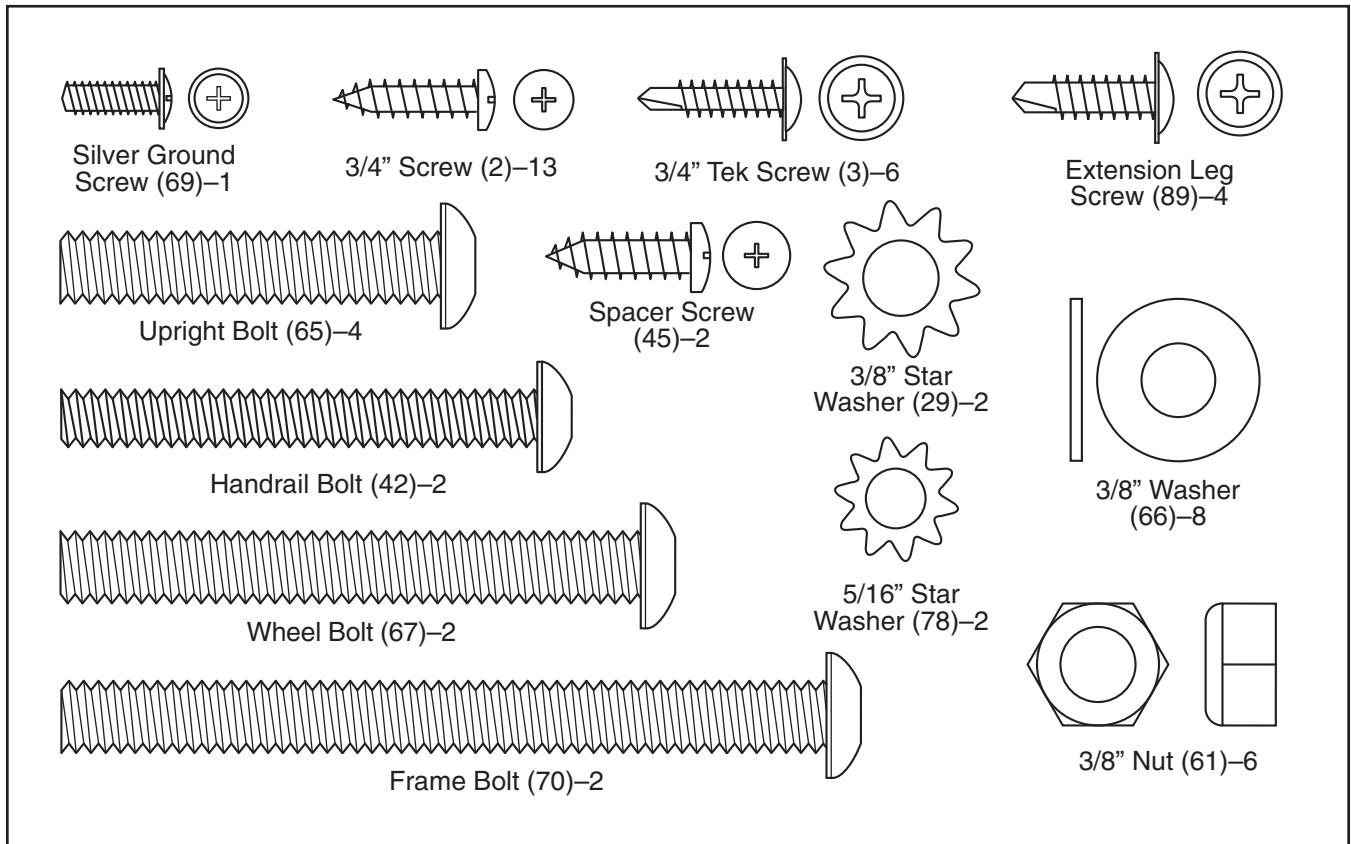
### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



# PART LIST—Model No. WLTL29305.0

R0805B

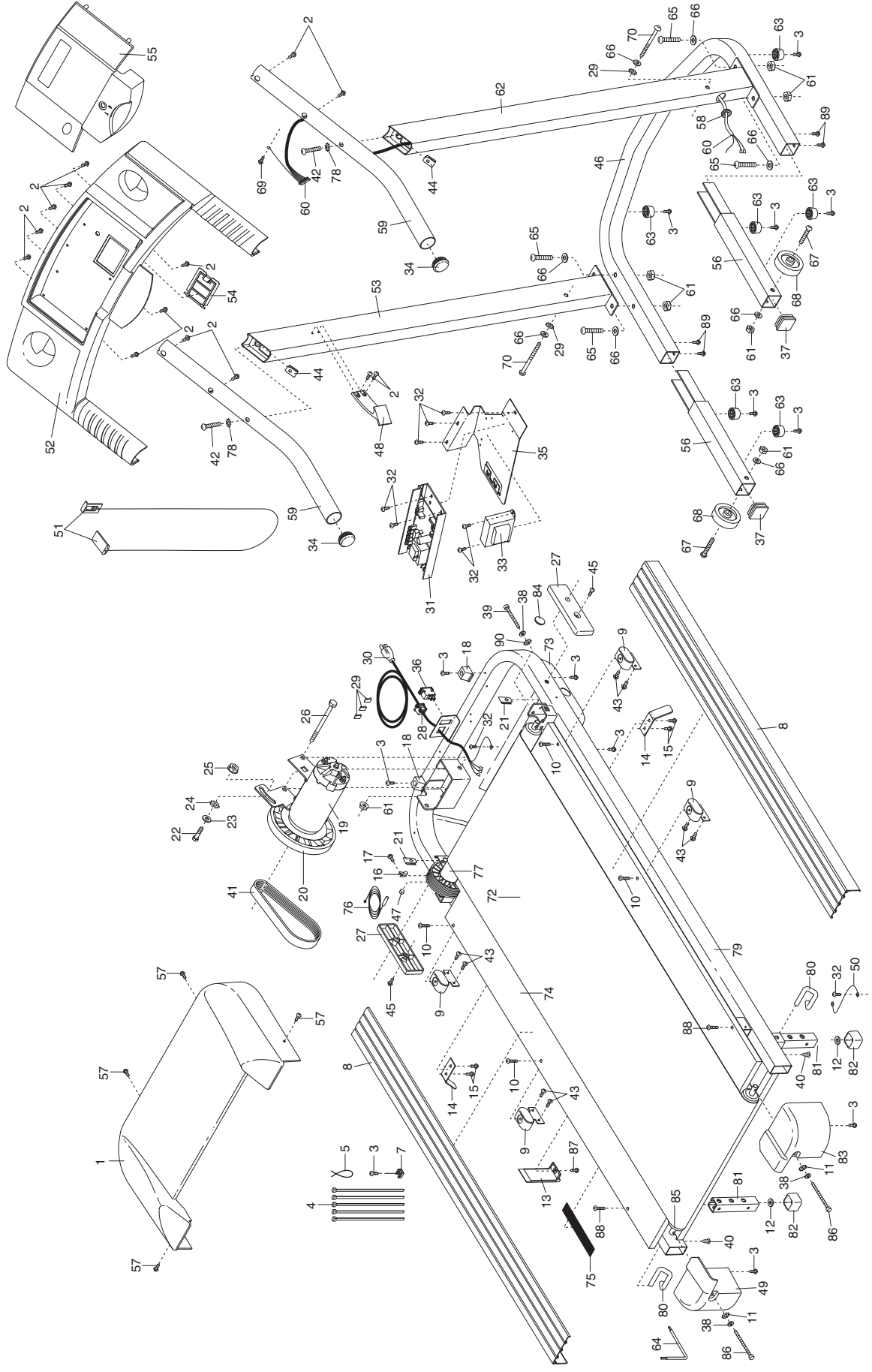
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	48	1	Storage Latch
2	14	3/4" Screw	49	1	Left Endcap
3	13	3/4" Tek Screw	50	1	Ground Wire
4	5	8" Cable Tie	51	1	Key/Clip
5	1	Cable Tie	52	1	Console Base
6	1	Clamp Screw	53	1	Left Upright
7	1	Cable Tie Clamp	54	1	Battery Cover
8	2	Foot Rail	55	1	Console
9	4	Isolator	56	2	Extension Leg
10	4	Front Platform Screw	57	4	Hood Screw
11	2	Rear Roller Star Washer	58	1	Upright Grommet
12	2	Incline Leg Washer	59	2	Handrail
13	1	Catch	60	1	Wire Harness
14	2	Belt Guide	61	6	3/8" Nut
15	4	Belt Guide Screw	62	1	Right Upright
16	1	Reed Switch Clip	63	6	Base Pad
17	1	Reed Switch Screw	64	1	Allen Wrench
18	2	Hood Anchor	65	4	Upright Bolt
19	1	Drive Motor	66	8	3/8" Washer
20	1	Pulley/Flywheel/Fan	67	2	Wheel Bolt
21	2	Frame U-nut	68	2	Wheel
22	1	Motor Tension Bolt	69	1	Ground Screw
23	1	Motor Tension Washer	70	2	Frame Bolt
24	1	Motor Star Washer	71	1	Motor Pivot Nut
25	1	Motor Tension Nut	72	1	Walking Belt
26	1	Motor Pivot Bolt	73	1	Belly Pan
27	2	Frame Spacer	74	1	Walking Board
28	1	Power Cord Grommet	75	1	Large Warning Decal
29	2	3/8" Star Washer	76	1	Reed Switch/Sensor Wire
30	1	Power Cord	77	1	Drive Roller/Pulley
31	1	Controller	78	2	5/16" Star Washer
32	13	Electronic Screw	79	1	Frame
33	1	Choke	80	2	Incline Pin
34	2	Handrail Endcap	81	2	Incline Leg
35	1	Electronics Bracket	82	2	Incline Leg Cap
36	1	Reset/Off Circuit Breaker	83	1	Right Endcap
37	2	Base Leg Endcap	84	1	Hole Plug
38	2	Rear Roller Adjustment Washer	85	1	Rear Roller
39	1	Front Roller Adjustment Bolt	86	2	Rear Roller Adjustment Bolt
40	2	Plastic Fastener	87	2	Catch Screw
41	1	Motor Belt	88	2	Rear Platform Screw
42	2	Handrail Bolt	89	4	Base Leg Screw
43	8	Isolator Screw	90	1	Front Roller Star Washer
44	2	U-nut	#	1	4" White Wire, M/F
45	2	Spacer Screw	#	1	User's Manual
46	1	Upright Base			
47	1	Magnet			

Note: "#" indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WLTL29305.0

R0805B





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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLTL29305.0)
- the NAME of the product (WESLO CADENCE C44 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for one (1) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**